

2006 will be fantastic!!!



I'm a 41 year old state employee that made two major life changes that may be an inspiration for someone.

Exactly one year ago, I decided that I wanted a new life and that meant changing the way that I was living it. I particularly enjoyed pasta, in abundance, and needed to cut out my weaknesses. For me, that was pasta, bread, and potatoes.

I began drinking water. Something I had never done before; at least, not on purpose.....lots of water.

I began walking on my treadmill -- at least 20-30 minutes a night. Between January and June of 2005, I worked my way up to 2 miles a day (and am still walking). In the end, *I lost somewhere between 40 and 50 pounds.*

Then, on my 41 birthday (November 7th) I decided that I would give myself a birthday present and I *stopped smoking*. I just felt that I could, either keep going on the way I was and continue to cough and have "smoking" related problems, or I could quit. So I woke up in the morning and put on a patch (Nicoderm CQ). I used the patch system through the 3 steps and am now totally nicotine-free for a total of 3 months.

I can report that I'm enjoying my new life and trying to maintain this new lifestyle. 2005 was a gr-gr-gr-great year for me and I expect that 2006 will be fantastic!!!!!! Hopefully, by sharing this story, someone will be inspired to make a change, too.

Submitted by a Department of Labor & Economic Growth employee.